



Webb County

February 2016

Head Start



From the desk of Head Start Director

The tax season is upon us!!! Contact your Family Service Worker for information on how to claim your Earned Income Tax Credit (EITC). EITC is a refundable Federal tax credit for eligible individuals and families who have worked and earned income for all or part of a calendar year.

Departé de su Directora:

El tiempo de pagar los impuestos se ha llegado! Haga contacto con la Trabajadora de Familia de su centro por información de como reclamar el (Earned Income Tax Credit) (EITC). El (EITC) es dinero Federal de crédito de impuestos que se regresa a los individuales elegibles que han trabajado y ganado sueldo por todo el año o parte del año.

Aliza Oliveros



TRANSITION

Excitement and challenge fill the air as the Webb County Head Start / Early Head Start/ CCP Program begins to prepare the children and families to transition into Head Start / Kindergarten. Several transition activities will be taking place between now and the end of the school year. Be on the lookout for all these exiting activities that will be of benefit to your child and family. The following are some of the activities:

- **Field Trips / Round ups in April and May:** Family Service Workers will be asking *you* to see what school *your* child *will* be attending, so arrangements can be made for both of you to attend a field trip to their future public school. UISD will have evening orientations at their perspective schools.
- **Early Head Start:** Children transitioning into Early Head Start/CCP Head Start will become more exposed to the center's activities.
- **Spring Parent Conference:**
 1. Both LISD & UISD representatives will be providing sessions about their programs – Bilingual, Literacy, as well as their Special Education Program. Invitations will be provided to exiting children's parents.
 2. Registration Information will be provided.
 3. Parent Involvement staff will provide information on how to continue being parent volunteers and strong advocates for *your* children .
 4. Nurses will be available to go over your child's immunization cards and to provide information about required immunizations.
 5. Door prizes will be given away, and raffles will take place.

Alegria y entusiasmo ronda el aire del Programa de Head Start / EHS / CCP ya que empieza a preparar a los niños y sus familias con el proceso de transición a Head Start / o Kindergarten. Varias actividades de transición estarán ocurriendo entre ahora y el fin del año escolar. Prepárense para estas actividades que serán de beneficio para sus niños y familia. Las siguientes son varias de las actividades:

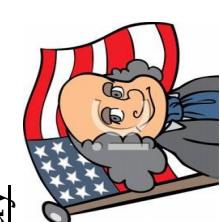
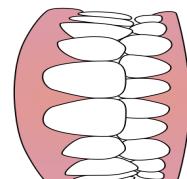
- **Viajes a las escuelas durante Abril y Mayo:** Niños que asistirán a Kinder en Agosto visitaran las escuelas públicas a cuales ellos estarán asistiendo. UISD tendrá orientaciones en su escuela perspectiva en la noches.
- **Early Head Start:** Niños que harán la transición hacia Early Head Start /CCP Head Start estarán participando en mas actividades de transición en los centros.
- **Conferencia de Primavera de Padres:**
 1. Representantes de LISD & UISD estarán dando sesiones sobre sus programas.
 2. Habrá información sobre la registración y requisitos.
 3. Habrá representantes para dar información en cómo seguir haciendo un parente voluntario y seguir haciendo fuertes portavoces..
 4. Habrá enfermeras revisando las tarjetas de vacunas y les estarán dando información sobre las vacunas que se requieren
 5. Habrá regalos de entrada y rifas.



Menudo Bowl



Mon	Tues	Wed	Thu	Fri
1 Milk 6 oz. blueberry muffin 1 diced pears 1/4 c. L. Beef bbq Patty Cn label 1.261 oz.wheat bread 1/2 slice green beans 1/4 c. Apricots 1/4 c. S- Orange juice Animal Crackers 0.5 oz.	2 B Milk 6 oz. Reduced Sugar Fruit loops 1 Diced peaches 1/2 c. L-Milk 6 oz. Salisbury steak 1 brown gravy fruit cocktail 1/4 c. Corn 1/4 c. 1/4 c wheat bread 1/2 slice S- Orange Juice 4 oz Cheese stick1/2 oz.	3 Milk 6 oz. Pan cakes 3 syrup 1/2 c sausage patty 1 mandarin Orange 1/2 c L Milk 6 oz. Fish Sticks 3 (CN label) ketchup 1/4 c. applesauce 1/4 c. broccoli with cheese S- yogurt 2 oz. crushed pineapple 1/2 oz.	4Milk 6 oz.Cherrios 1 banana 1 L- Milk 6 oz. chicken patty 1/4 c. But-country gravy 1 peaches 1/4 c. Buttered Bite size cauliflower 1/4 c. 1/4 c. S- American cheese 1 slice Ritz Crackers 6 crackers orange juice 4 oz.	5- Milk 6 oz. Strawberry mini pancakes 1.75 oz. 1/2 packages syrup 1/fruit mix 1/2 c L Milk 6 oz.Marinara sauce Ground beef 1/4 oz Spaghetti 1/4 c. Diced pears 1/4 c. diced carrots 2 oz S-Orange Juice 4 oz. Vanilla wafer 1/2 oz
				Wear Red Day
8 Chinese New Year	9	10Milk 6oz.1 diced pears 1/2 c turkey sausage patty 1 French toast 1 slice syrup 1 L-Milk 6 oz. Pulled chicken with squash bits 1/4 Crushed Pineapple 1/4c. Green beans 1/4 c. Wheat bread 1/2 S-yogurt 1 tropical fruit mango 1/2 c	11 B Milk 6oz. Fruit loops reduced sugar 1 bowl banana 1 L.Milk 6oz. Turkey fingers 3 country gravy. Mandarin orange 1/4 c . turkey gravy corn Spinach/ tomato salad 1/4 c.. Thousand Islands Dressing S Orange juice 4 oz. vanilla wafers .5 oz.	No Classes for Head Start and Early Head Start
15BMilk 6oz. Cherrios 1 ,diced peaches 1/2 c., L-Milk 6 oz breaded chicken patty 1.1 tossed spinach and tomato salad 1/4 c. ranch dressing 1 fruit cocktail 1/4 c. S- orange juice 4 oz. animal crackers 11/oz.	16Milk 6 oz. Berry Berry Mini loaf 1 (2 oz.) Mandarin orange 1/2 c L.Milk 6 oz. Fish sticks CN label 3 diced pears 1/4 c. Mixed vegetables 1/4 c. Ketchup 1 S. Ritz Crackers 6 Applesauce 4 oz.	17 B Milk 6 oz. Fruit loops sugar reduce 1 bowl 1 banana L-Milk 6 oz. Ground beef 1/4 c. fried beans 1/4 c. Taco shell 1 apricot halves 3 shredded lettuce/tomato 1/4 c. S- Nutrition Activity Parfait Yogurt 1 banana 1 strawberry 1 graham cracker 1 oz.	18 Milk 6 oz. French Toast toast 1 slice turkey sausage patty 1 crushed pineapple 1/2 c. Syrup 1/2 c. L.Milk 6 oz. chicken in cream of chick-en 1/4 c. diced carrot 1/4 c. fruit cock-tail 1/4 c. fetcchinni alfredo 1/4 c. Early release for Head Start and Early Head Start S- Cheese Fish puffs .75 oz Orange juice 4 oz	Holiday
22 B-Milk 6oz. Fruit loops reduced sugar 1diced peaches 1/2 c., L-Meatless Monday Milk 6 Oz. Bean/cheese burrito 1 CN label Mixed vegetables 1/4 c mandarin orange 1/4 c S-Wheat crackers 46 American cheese slice 1	23 B Milk 6oz. Mini blueberry muffin 1 (9233008).9 oz. Diced pears 1/2 c. L-Milk 6 oz. Ground beef 1/4 c Green beans 1/4 c .crushed pineapple 1/4 .Wheat bread 1/2 slice S- tropical fruit 1/2 c. yogurt .oz.	24B-Milk 6oz. Pan Cakes 1, applesauce 1/2 c., syrup 1/2 turkey sausage 1 L-Milk 6 Oz. Breaded Chicken patty 1 country gravy 1 diced carrots 1/4 c. diced pears 1/4 c. S-Orange Juice 4 oz. Goldfish crackers 1/2 oz (771047)	25 Milk 6 oz. Cherrios 1 banana 1/2 c. L-Milk 6 oz. Ground beef 1/4c Spaghetti 1/4 c Apricot 1/4 c. peas 1/4 c S- Orange juice 4 oz. Cheese stick1 1/2oz.	
29 Milk 6 oz Super donut 1 diced pears 1/2 c	"This institution is an equal opportunity provider."	African American History Month	National Children's Dental Health Month	American Heart Month
L-Milk 6 oz. sloppy Joes 1/4 c. hamburger bun 1 potato smiles 3 Ketchup 1 Apricots 1/4 c. S-Ritz Cracker 6 Cheddar Cheese Stick 1				

Mon	Tues	Wed	Thurs	Fri
1 Milk 6 oz. blueberry muffin 1 diced pears 1/4 c. B-Milk 6 oz. Reduced Sugar Fruit loops 1 Diced peaches 1/2 c. L-Milk 6 oz. Salisbury steak 1 brown gravy fruit cocktail 1/4 c. Corn 1/4 c. 1/4 c wheat bread 1/2 slice S- Orange Juice 4 oz Cheese stick1/2 oz.	3Milk 6 oz. Pan cakes 3 syrup 1/2 turkey sausage patty 1 mandarin Orange 1/2 c. L Milk 6 oz. Fish Sticks 3 (CN label) ketchup up 1 applesauce 1/4 c. broccoli with cheese 1/4 c. S- yogurt 2 oz. crushed pineapple 1/2 c.	4Milk 6 oz. Cherrios 1 banana 1 L- Milk 6 oz. chicken patty 48/364) country gravy 1 peaches 1/4 c. Buttered bite size cauliflower 1/4 c. 1/4 c. S- American cheese 1 slice Ritz Crackers 6 crackers orange juice 4 oz. Wear Red Day	5- Milk 6 oz. Strawberry mini pancakes 1.75 oz. 1/2 packages syrup 1 fruit mix 1/2c L Milk 6 oz. Marinara sauce Ground beef 1/4c Spaghetti 1/4 c. Diced pears 1/4 c. diced carrots 2 oz S-Orange Juice 4 oz. Vanilla wafer 1/2 oz	
				
8 Chinese New Year B Milk 6 Reduce sugar fruit loops cereal 1 Mandarin orange 1/2 c. L-Milk 6 oz. chicken egg roll 1 sweet and sour sauce cup 1 diced peaches 1/4 c. buttered broccoli cuts 1/4 c. S- applesauce 1/2 c Oatmeal cookie 2	9 Milk 6oz Super Donut 1 oz fruit cocktail 1/2 c L-Milk 6 oz. Pulled chicken with squash bits 1/4 Crushed Pineapple 1/4c. Green beans 1/4 c. Wheat bread 1/2 c S-yogurt 1 tropical fruit mango 1/2 c	10Milk 6oz. 1 diced pears 1/2 c turkey sausage patty 1 French toast 1 slice syrup 1 L-Milk 6 oz. ground beef with potato 1/3 c. shredded cheddar 1 tablespoon apricots 1/4 . Soft whole wheat tortilla 1 S- Ham 1 slice swiss cheese 1 slice Wheat bread 1 slice	11 B Milk 6oz. Fruit loops reduced sugar 1 bowl banana 1 L Milk 6oz. Turkey fingers 3 country gravy . Mandarin orange 1/4 c . turkey gravy corn Spinach/ tomato salad 1/4 c. Thousand Islands Dressing S Orange juice 4 oz. vanilla wafers 5 oz...	No Classes for Head Start and Early Head Start Public School Menu Teddy graham and apple juice 4 .3 oz.
15BMilk 6oz. Cherrios 1 ,diced peaches 1/2 c., L-Milk 6 oz. breaded chicken patty 1 1 tossed spinach and tomato salad 1/4 c. ranch dressing 1 fruit cocktail 1/4 c. S- orange juice 4 oz. animal crackers 1/1 oz.	16Milk 6 oz. Berry Berry Mini loaf 1 (2 oz.) Mandarin orange 1/2 c L Milk 6 oz. Fish sticks CN label 3 diced pears 1/4 c. Mixed vegetables 1/4 c. Ketchup 1 S Ritz Crackers 6 Applesauce 4 oz.	17 B Milk 6 oz. Fruit loops sugar reduce 1 bowl 1 banana L-Milk 6 oz. Ground beef 1/4 c. re-fried beans 1/4 c. Taco shell 1 apricot halves 3 shredded lettuce/tomato 1/4 c. S- Nutrition Activity Parfait Yogurt 1 banana 1	18 Milk 6 oz. French Toast toast 1 slice turkey sausage patty 1 crushed pineapple 1/2 c. Syrup 1/2 L Milk 6 oz. chicken in cream of chicken 1/4 c. diced carrot 1/4 c. fruit cocktail 1/4 c.fetechinni alfredo 1/4 c. Early release for Head Start and Early Head Start S-Cheese Fish puffs .75 oz Orange juice 4 oz	Holiday 
22 B-Milk 6oz. Fruit loops reduced sugar 1diced peaches 1/2 c., L-Meatless Monday Milk 6 Oz. Bean/cheese burrito 1 CN label Mixed vegetables 1/4 c. mandarin orange 1/4 c S-NWheat crackers 46 American cheese slice 1	23 B Milk 6oz. Mini blueberry muffin 1 (923008) .9 oz. Diced pears 1/2 c. L-Milk 6 oz. Ground beef 1/4 c Green beans 1/4 c. crushed pineapple 1/4 .Wheat bread 1/2 slice S- tropical fruit 1/2 c. yogurt .oz.	24B-Milk 6oz. Pan Cakes 1, applesauce 1/2 c., syrup 1/2 turkey sausage 1 L-Milk 6 Oz. Breaded Chicken patty 1 country gravy 1 diced carrots 1/4 c. diced pears 1/4 c.. S- Orange juice 4 oz. Goldfish crackers 1/2 oz (771047)	25 Milk 6 oz. Cherrios 1 banana 1/2 c. L-Milk 6 oz. Ground beef 1/4c Spaghetti 1/4 c Apricot 1/4 c. peas 1/4 c. broccoli cheese 1/4 c. S- orange juice 4 oz.. Zuchinnini bread 1 1/2oz.	 
29 Milk 6 oz Super donut 1 diced pears 1/2 c L-Milk 6 oz. sloppy Joes 1/4 c. hamburger bun 1 potato smiles 3 ketchup 1 Apricots 1/4 c. S-Ritz Cracker 6 Cheddar Cheese Stick 1	"This institution is an equal opportunity provider." Water is served with all meals and snacks	African American History Month National Children's Dental Health Month American Heart Month		

**Webb County
Head Start Program**



FEBRUARY 2016

Parent Committee Meeting

**Family &
Community Engagement
Parents Testimonies;
The Benefits Of
The Head Start Program**

Please call
Sanchez / Ochoa
School for meeting

Happy Birthday!
Head Start Staff
2/Leticia Zavala
2/Rosa Palacios
4/Mary Meza
4/Juanita Chavarria
6/Ma. Diana Rodriguez
6/Diana Escobedo
6/Ma. V. Garcia
7/Margie Gonzalez
7/Martina Ortiz
7/Gloria Flores
7/Diana Sanchez
9/Sylvia Ortiz
10/Raquel Ortiz
14/Roxanne Garcia
18/Consuelo Moreno
21/Socorro De La Garza
24/Laura Cardenas
25/Pablo Costilla

Education - Concepts

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Anita Dovalina (8:30 a.m.) Villa Alegre	2 Jesus Garcia Little Folks	3 Ricardo Floyd Finely	4 Springfield Acres Larga Vista	5 WEAR RED Day! <u>WOMEN Heart</u> <u>Disease Awareness</u> Check Point CCP	6
7 	8 Little Palominos Jorge O. Delagarza	9 El Cenizo Tatangelo I	10 Tatangelo II Prada	11 Magic Corner Parent Sessions Main Office (9:30) Valentines Party at All Head Start Centers	12 CHECK POINT No Classes for Head Start ONLY EHS—EARLY RELEASE	13 Healthy Marriage Relationship Conference Ramada Plaza 800 Garden 8:30 am-12:00 pm
14 	15 Heights (1:30) J. C. Martin (8:30) Crayon Co. (3:30)	16 Education Ct. (3:30) *Abriendo Puertas -My Heath First (1) -My Health first (2)	17 Little Pals Socialization	18 Early dismissal For H/S only	19 (H) NO CLASSES for H/S--EHS LISD—TWD	20
21 No Classes 22 TWD (LISD)	23 	24 Parent/Staff Groupings Topic: Depression 8:30 - 10 a.m. @ San Martin De Porres Church 1:00 p.m. to 2:30 p.m. @ Villa Alegre Ctr.	25 Policy Council Meeting 10:00 a.m. 5904 West Drive Main Office		26	27
28 Leap YEAR!						

Creative Curriculum Study 5: Trees	Exploring the Topic 	What are the characteristics of the trees in our community? 	Who lives in trees? 	What food comes from trees?
Frog Street Theme 6: I Build, I Create	Construction Terms 	Tools and Machine 	I Can Build 	I Can Create
EHS / CCP Shapes	Circle 	Square 	Triangle 	Rectangle